

Child Care Support Services:

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Visit us at www.vacvt.org

This newsletter is published quarterly. It is e-mailed to a variety of people in the Early Care & Education field. You are invited to submit articles and activities for this newsletter. Please call the Child Care Support Services office (747-0033) for submission information and deadlines.

This Newsletter is funded by the Child Development Division and partial funding from the Federal Child Care & Development Fund.

Whats inside??

-  News and information
-  LOTS of Professional Development Opportunities
-  Trainings and Conferences
-  Registration Page

Child Care Support Services

December 2015-February 2016 Newsletter

88 Park Street, Rutland, VT 05701 Fax: 802 773-9656

Child Care Financial Assistance: 773-4365/800-775-2390

Child Care Resource Development Specialist 747-0033/800-775-2390

Child Care Referral Specialist: 747-0033/800-775-2390

Hello!

Welcome to the Winter Edition of the Newsletter! I hope this newsletter finds you well, healthy and warm!

As winter and the Holidays approach us, My wish for all of you is that you have a joyful, healthy and peaceful Holiday season! It's easy to get caught up in the "hype" of the Holidays. Take time to do what relaxes you during these busy, cold months.

Consider the article in this newsletter from VAEYC titled "Celebrating Holidays in Early Childhood Programs." Let it guide your activities. Listen and observe the children in your care and gear activities accordingly. Invite them to share their thoughts around the celebrations and offer them time to process what is happening around them. This time of year allows programs an opportunity to talk about how other countries/people/places celebrate special occasions.

Thanks for all the wonderful work you do for children and families!!

Stay well, healthy and peaceful,

Rosie

See registration page at the end of each newsletter to register for trainings. Only register for trainings on that page--DO NOT WRITE IN TRAININGS. Each quarterly newsletter will have new trainings to register for.

PLEASE....make sure we are updated with your e-mail as that is the only way this newsletter is distributed.

Don't forget, <http://www.brightfutures.def.state.vt.us/> has training information for the whole state.....and much more!

Child Care Support Services (Financial Assistance, Referral and Resource) is housed at VAC. Our office hours are M-F 8-4:00. If you need to reach us at a time other than our regular office hours, please feel free to leave a detailed message on our 24 hour voice mail (see phone numbers above). If you have any concerns about the services you receive please call the Child Development Division (CDD) at 1-800-649-2642

IMPORTANT PHONE NUMBERS

Outreach and Referral Specialist Melinda Pearson 747-0033/1-800-775-2390
fax: 773-9656
e-mail: referral@vac-rutland.com

Child Care Resource Development Spec. Rosie Piontek 747-0033/1-800-775-2390
e-mail: rosiep@vac-rutland.com
fax: 773-9656

C.I.S Child Care Coordinator Courtney Mason e-mail: cmason@vac-rutland.com

Child Care Financial Assistance Prog. Ann Hughes & Courtney Mason 773-4365/1-800-775-2390
Marcy Fenton- Administrative Assistant
e-mail: ahughes@vacvt.org cmason@vacvt.org mfenton@vacvt.org fax: 802 773-9656

VB5 Mentor Michelle Sherwin 775-2395, ext.169 msherwin@vacvt.org

Child & Adult Care Food Program Pam Covell/Nutrition & Education Dept. Mgr. 802 665-1735/1-800-717-2762
e-mail: pcovell@broc.org fax: 775-9949
Amy Fales/ Monitoring Technician AFales@broc.org 802 665-1708

Child Care Provider Networks: Rutland: Kathy Allen/Liz King 773-3523/775-3906
Castleton: Kathy Mongeur/Teresa Fowler 468-5141/468-3230

Child Development Division Licenser Donna Lopiccolo /595-2533
Heather Purinton / 585-6088

Child Care Consumer Line
1-800-649-2642 #7

Other important numbers/contacts:

Child Development Division
(802) 241-3110 (800) 649-2642
<http://dcf.vermont.gov/cdd>

Bright Futures Child Care Information System
www.brightfutures.dcf.state.vt.us

Child Abuse/Neglect Reporting:
24-hour Child Protection Line (800) 649-5285
http://dcf.vermont.gov/fsd/reporting_child_abuse

Child Care Consumer Line
(802) 241-3110, press 3 • (800) 649-2642
http://dcf.vermont.gov/cdd/consumer_line

Northern Lights Career Development Center (802) 828-2800
<http://northernlightscdc.org/>

STARS- SStep Ahead Recognition System (802) 398-2037
<http://dcf.vermont.gov/cdd/stars>

Vermont Community Foundation (802) 388-3355
www.vermontcf.org

CPR/First Aid Training Opportunities:
Central VT NH Valley American Red Cross at 773-9159 <http://www.redcross.org/local/nhvt/take-a-class>

You can register for trainings on line and see what and when they are available.

Classes are offered first and third Monday from 6-9p.m. at the **Rutland Regional Ambulance** on Stratton Road. Cost is \$30. Call 773-1746 for more information.

Community Health Centers of the Rutland region offers CPR BCLS, Family and Friends and HeartSaver CPR classes. For more info contact Claudia at 802 671-2111 or ccourcelle@chcrr.org

Registration Requirements:

Please see registration page at the end of this new letter to register by mail for the trainings. Future registrations will be in the appropriate newsletters. ALSO....it is courteous and respectful to cancel if you cannot attend– this includes trainings sponsored by the Network Groups. THANK YOU.....for calling the respective number to cancel. Remember.....space is sometimes limited so please do not wait until the last minute to register. *Parking is out back behind VAC for all Wisell Conference Room trainings.* Thanks!!



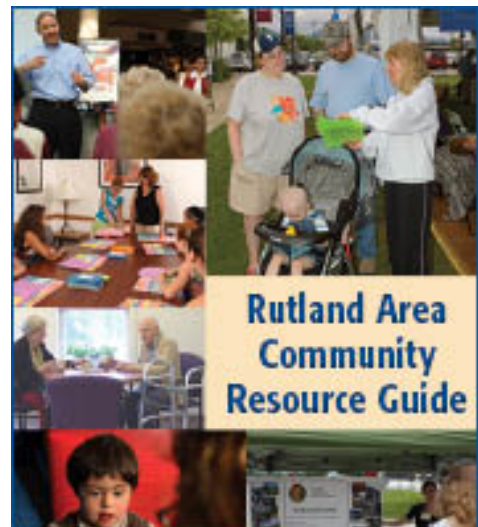
Child Development Associate (CDA)

The CDA is a nationally recognized credential offered through the Council for Professional Recognition in Washington, DC. The CDA is recognized by many organizations and agencies, including CDD’s Child Care Licensing Division, as an Early Childhood Education credential, and as a commitment to the field. Candidates must have completed within the past 5 years, 120 clock hours of formal child care education, with no fewer than 10 hours in each of the eight subject areas. This requirement may be met through participation in a variety of trainings available. If you would like more information on the CDA, you can call 1-800-424-4310 or go to www.cdacouncil.org

<http://www.rrmc.org/app/files/public/1206/2015-Rutland-Area-Community-Resource-Guide.pdf>



Asthma Program for Children at the Rutland Regional Medical Center Free in-home visits that provide education and resources to improve the control of asthma symptoms, while helping to identify and reduce triggers in the home. For more information about this program for children (ages 2-17), call 802.773-9888, ext. 22.



Rutland Area Community Resource Guide

A resource guide filled with health and human services information available to the Rutland Area

****Registration by mail is required for all trainings (unless otherwise noted)**

SEE END OF NEWSLETTER TO REGISTER FOR TRAININGS

***EACH NEWSLETTERS WILL HAVE THE CURRENT TRAININGS TO REGISTER FOR**

If there is a number listed after the training, Please call that number to register and most importantly, cancel as soon as possible if you cannot attend. Trainings and dates are subject to change. Be sure to check each newsletter for additional training opportunities as they arise!!

Professional Development Training Opportunities

DECEMBER, 2015

Learning Through Play: Science with Michelle Sherwin, VB5 Mentor

December 9th 6-8p.m. VAC Wisell Conference Room This training will discuss integrating Science into your program by using the four science based ideas and what they entail: 1.) science skills, 2.) creating science activities using FCCERS domains, 3.) creating a list of science vocabulary words and 4.) develop questions using the science vocabulary that stimulates science skills in children. Join us for hands-on fun science centers, hand-out's and materials to use in your program to enhance your science area. CDA: 1,2

Picture Book Connections

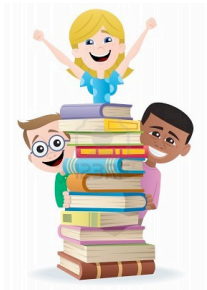
with Jan Jones, licensed Early Childhood and Art teacher,
Castleton Elementary School

December 10th 6:30-8:30 pm, Castleton Community Center

This 2-hour training will focus on creative ways to use picture books and other library resources to promote early childhood reading, math, and science literacy. There will be demos, freebies (books and materials), sharing time, and lots of recommended books for review. Ideas are drawn from the VT Center for the

Book/Vt Dept. of Literacy Initiative and from 30+ years of Story Hours at Castleton Free Library. CDA: 1,2 Sponsored by the Castleton Area Childcare Providers Network.

To register please call Kathy Mongeur at 468-5141 or Teresa Fowler 468-3230 CDA: 1,2



JANUARY, 2016

Learning Through Play: Math with Michelle Sherwin, VB5 Mentor

January 6th 6-8p.m. VAC Wisell Conf. Rm.

Join us for an evening to learn how to integrate math into your program. Topics include math skills, activities to develop questions using math vocabulary, and how to stimulate math skills in children. There will be centers for exploration, hand-out's and materials to implement into your program to enhance your math area. CDA: 1,2

What's New in the Financial Assistance Office?

Meet the staff from the Financial Assistance Office, Ann Hughes, Courtney Mason and Marcy Fenton

January 14th, 6-8p.m. VAC Wisell Conf. Room

Come and learn what qualifies families for the financial assistance program, how long the process takes, and how providers receive their payments. This is a great training for new providers and a great refresher for the not so new providers. Come with questions, too! CDA: 4,6



Kindergarten Readiness with Becky Lanfear, Kindergarten Teacher at Castleton

Elementary School January 14th 6:30 pm to 8:30 pm Castleton Community Center

Come and see what Kindergarten students do daily in a Kindergarten classroom. Watch a slide show of a typical day and the curriculum that is covered. Preschool program teachers will learn what you can do to help children prepare for school. Sponsored by the Castleton Area Childcare Providers Network. To register please call Kathy Mongeur at 468-5141 or Teresa Fowler 468-3230 CDA: 1-3

Taking Care of Yourself with Heather Curavoo, RMH

January 20th, 6-8p.m. Wisell Conference Room @ VAC

Providers will learn how to take better care of themselves using various "wellness techniques", including healthier eating, stress reducers and meditation. There will be hands on activities, such as learning how to make facial and hand scrubs. Dinner will be provided! Please call Liz King at 775-3906 or email at lizkingchildcare@yahoo.com to register, as seating is limited. Sponsored by the Child Care Providers Network of Rutland. CDA: 1

The Effects of Trauma on Children

w/Heather Caravoo, Rutland Mental Health

January 21st, 6:30-8:30 VAC Wisell Conference Room Heather will cover topics including Death, Divorce and other family traumas. Discussions will be on how it effects kids and how you can supportively respond to the kids in your care. ***counts toward Advanced Specialized Care Training** CDA: 2, 3

Spring Semester for VCCICC:

INFANT AND TODDLER DEVELOPMENT (PSY 2020)

CCV in Rutland: Mondays 6-9pm, January - May, 2016 Instructor: TBA



This course explores processes of human development from conception through 36 months of age. Emphasis is on the physical, emotional, social, language and intellectual growth of infants and toddlers. Topics include: developmental theories and research, assessment tools, inclusion, and design of curriculum for infants and toddlers.

Weekly observations of this age group are required.

The application for the spring semester will be available in early December. Contact VCCICC to request the course announcement: vccicc@comcast.net or 802-985-2700

FEBRUARY, 2016

Baking Bread with Whole Grains with Suzanne Young, Cook and Nutrition Educator, Mary Johnson Children's Center

February 2nd, 6:30-8:30p.m., Castleton Community Center

Explore various types of wheat, grind your own flour, and learn a recipe for a basic bread dough that can be used for French bread, pizzas, foccacia, or bread sticks.

Guaranteed to be a yummy evening! ***counts for two hours of BROCC training.**

Sponsored by the Castleton Area Childcare Providers Network. To register please call Kathy Mongeur at 468-5141 or Teresa Fowler 468-3230 CDA: 1



The Early Childhood Learning Environment with Phyllis Cavanagh

February 2nd 6-9p.m. VAC Wisell Conference Room

This session will focus on creating inclusive and welcoming environments for all children and families. Room arrangement, selecting materials, learning centers, safety considerations as well as evaluation and assessment of the environment will be addressed. Outdoor play areas will also be discussed.

CDA: 1



Health and Nutrition with Phyllis Cavanagh

February 9th 6-9 at VAC Wisell Conference Room

In this session, students will learn common causes of injuries and illness as well as injury and illness prevention. Students will learn how nutrition and physical activity relates to healthy child development and learn how to communicate and encourage the components of a healthy lifestyle to families. CDA subject area 4,6

Brain Development in Young Children with Shayla Zammuto, Lets Grow Kids

February 17th, 6-8p.m. Wisell Conference Room @ VAC

Shayla will present "Brain Science of the Early Years", an interactive training focused on the latest research of early childhood brain development. Participants will leave with the knowledge to explain why high quality early experiences are so important for lifelong success. Sponsored by the Child Care Providers Network of Rutland. CDA: 1 To register please call Liz King at 775-3906 or

lizkingchildcare@yahoo.com

Meet Your Local Children's Integrated Services (CIS) Team

February 25th 6:30-8:30p.m. VAC Wisell Conference Room

Children's Integrated Services (CIS) is a State of Vermont program designed to support pregnant women, families with children under six and child care providers in Vermont. Join us to receive an overview of how the members of your local CIS team work together and individually. There will be important information for both home- and center-based providers about how to make a referral and what to expect after doing so. You'll hear from each branch of CIS: Early Intervention, Early Child and Family Mental Health, CIS Nursing, Family Support and Specialized Child Care. Come put a name to the face or voice on the other end of the phone, and be sure to bring your questions! CDA: 4,6

Reminder—parking for ALL trainings in the Wisell Conference Room will be out back behind the building—please go around the building (by the pool) where there is plenty of parking space!!

Child Development: Emotional Development and Introduction to Observation and Recording Behavior, Part 1 Child Development: Emotional Development and the Influence of Culture, Part 2



with Phyllis Cavanagh

Saturday, February 27th 8:30-3p.m, VAC Wisell Conference Room

The first of a two-part emotional development series, will explore milestones in the emotional development of young children. Activities will include how and when children develop self-control and appropriate responses to typical developmental stages. The role of observing and recording children's behavior will also be introduced.

The second of a two-part emotional development series, will continue to look at the emotional development of young children. Activities will focus on how culture and other characteristics influence emotional development. Additional methods for observing and recording children's behavior will also be addressed. There will be a half hour lunch break; please bring a bagged lunch to enjoy during the break. CDA subject area 3,7 & 8 *counts toward Specialized Care Training hrs.

MARCH, 2016

Child Development: Language and Literacy

March 8th 6-9p.m, with Phyllis Cavanagh VAC Wisell Conference Room

This session will identify milestones related to typical language and literacy development. It will also discuss how language and communication are related. Students will learn strategies for encouraging communication with children and how literacy supports communication. CDA: 2,8

Never Too Early Part I & II with Lori Pinsonneault

March 10th and 24th 6:30-8:30 Castleton Community Center

This two-part training by the Vermont Humanities Council offers an introduction to reading and sharing books and conversation with children. "Humor and laughter in early literacy" will be one topic included in the discussion. In this lively, interactive program learn the importance and joy of sharing picture books and stories with infants, toddlers, and preschoolers. Through hands-on exploration of children's books, learn about early literacy and related developmental issues. Learn ways to create a literacy-rich environment, and share practical ideas with others. Discover ways to make books come alive through animated reading, rhymes, and extension activities that encourage language development. Take home ideas you can put to use immediately in your program, along with a free set of gift books. CDA: 1-3 Sponsored by the Castleton Area Childcare Providers Network. To register please call Kathy Mongeur at 468-5141 or Teresa Fowler 468-3230

Scott Noyes 3/12 at the RRMCLeahy/CVPS conference room

8:30-9 Registration

1st session 9-12

12-12:30 lunch

12:30-3:30 2nd session



Join us for an energetic day with Scott! The morning will begin with the topic **Feeding the Developing Brain**. The more we know about the food and brain connection, the better choices we can make about the diet. Starting several million years ago, we had enough additional caloric energy through changes in lifestyle and diet to actually build a completely new section of brain. This new brain, the prefrontal cortex, plays key roles in memory, attention, perceptual awareness, thought, language, and consciousness. How is this structure best fueled? What are the ramifications of the brain not receiving its daily requirements of nutrients? This presentation looks at the food sources required to optimize the brain.

The afternoon session will cover **Successfully Working with Children with Challenging Behaviors** Are these children spoiled? manipulative? stubborn? obstinate? pushy? The problem with these labels is that they imply that the children's behaviors are contemplated and intentional. We quickly find that usual reward-and-punishment strategies do not work with these children. Working with these kids often makes people feel frustrated, overwhelmed, guilt-ridden, and exhausted. Sometimes we reach the point where we feel the situation is hopeless. So what do we do? This session looks closely at these children and works to develop systems that help them, support you, assist their classmates, and empower their parents.

CDA: 1-3,8 ****Counts for Specialized Care training hours**

Lunch provided! Sponsored by Vermont Birth to Five

Children in Foster Care w/ Rebecca Fitzsimmons from Department of Children and Families
March 16th, 6-8p.m. Wisell Conference Room @ VAC

Rebecca will discuss ways children in foster care can have successful experiences in a childcare setting. The topic of confidentiality around foster care situations will be discussed. ****This training can count towards Advanced Specialized Care Training.** Sponsored by the Child Care Providers Network of Rutland. CDA: 1 To register please call Liz King at 775-3906 or

lizkingchildcare@yahoo.com

****Reminder: Providers may attend approved, minimum 2 hour trainings to meet their Child Adult Care Food Program (CACFP) annual requirement BUT are now required to attend a BROCC / CACFP sponsored training every 3 years.**



Reminder—parking for ALL trainings in the Wisell Conference Room will be out back behind the building—please go around the building (by the pool) where there is plenty of parking space!!

THE PARENTS' HELP LINE

The Parents' Help



Line is a resource devoted to parents, professionals, and community members for parenting support, resources and referrals. The Help Line is open Monday - Friday from 9AM - 5PM. The toll free phone number within Vermont is 1-800-CHILDREN (1-800-244-5373). We

can also be reached through PCAV's main phone number at 802-229-5724.

What types of issues do people call about?

People call for a variety of different reasons. Some are having a particularly difficult day with a child and just need a listening ear. For others, there are ongoing parenting challenges, and they are wondering where to turn next for assistance. Calls are often made to our Parents' Help Line because of the many stresses of being a single parent or difficulties dealing with a former partner. Sometimes people call because they want to find out where the nearest parent education programs are located. In addition, people call because they suspect a child is being abused or neglected, and they are not sure how to respond or what can be done. At times, we receive calls from individuals who fear they may become abusive or actually acknowledge they have mistreated a child and are looking for help because they don't want to abuse their children anymore.

Is this a counseling service?

No, this is not a counseling or emergency service line. The support team at PCAV is available to provide a listening ear, resources and referrals, but they are not trained clinicians. The phone number is 1-800-CHILDREN (1-800-244-5373) you can also e-mail us at: pcavt@pcavt.org

HANDWASHING WORKS!

Research shows handwashing is one of the most effective ways to avoid the spread of germs.

Here is info on how to wash hands effectively.



- Wet hands with running water
- Lather hands with soap
- Wash the palms, back of hands, between fingers, and under fingernails for at least 15 seconds (about the time it takes to sing "Happy Birthday" twice)
- Rinse with running water
- Pat hands dry, beginning at the wrist and moving downward
- Turn off water by using a disposable paper towel



It's Official! We are now Vermont Birth to Five!

The Permanent Fund for Vermont's Children announced on June 16th the launch of Vermont Birth to Five, bringing together the work of Vermont Birth to Three and the Vermont Community Preschool Collaborative to ensure greater coordination of efforts toward achieving the Permanent Fund's mission, which is to assure that every Vermont child has access to high quality, affordable early care and education.


For more information go to - <http://vermontbirthtofive.org/about-us/news-applause/>

Vermont Birth to Five is an initiative supported by the Permanent Fund for Vermont's Children, the A.D. Henderson Foundation and the Turrell Fund. Be sure to visit our [website](#) to see what we're up to, **and remember to 'Like' us on Facebook!**

Family-to-Family Program NAMI—National Alliance on Mental Illness A free 12-week course taught by trained NAMI members (who have lived with this experience) that offers education and support for families and friends of people with mental illness. For info., contact: NAMI – Vermont, 800.639.6480, email info@namivt.org or visit www.namivt.org.

ProFirstAid Adult, Child & Infant CPR & First Aid Recertification: Online. \$49.95. (888) 406-7487 or www.ProCPR.org **Make sure you choose the one that includes infant/toddler CPR.**

Reminder—parking for ALL trainings in the Wisell Conference Room will be out back behind the building—please go around the building (by the pool) where there is plenty of parking space!!

A photograph of a woman with long dark hair smiling and hugging a young girl from behind. The girl is wearing a blue and pink striped shirt. The background is white with soft, out-of-focus light spots.

Time is the greatest gift to share with each other.

-Quvenzhané Wallis



Celebrating holidays in early childhood programs by VAEYC

Holiday celebrations can be wonderful opportunities for children to learn about the traditions and values that are cherished parts of people's lives. But many early childhood professionals wonder what holidays to celebrate in the program or classroom and how to respect the cultures represented by all children. Many parents, too, wonder why programs celebrate specific holidays or why they discourage any celebration at all.



NAEYC believes that decisions about what holidays to celebrate are best made together by teachers, parents, and children. Families and staff are more comfortable when both have expressed their views and understand how a decision has been reached. The important thing for all to remember is that when planning holiday activities, the rules of good practice continue to apply: Are the activities meaningful to the children? Are their needs and interests being met? Is the activity a valuable use of children's time?

Teachers may survey families at the beginning of the year to determine what holidays to celebrate. They may even ask the children to create their own holiday to help them learn the concepts that underlie such valued traditions. In any case, holiday celebrations are just one way for programs and families to work together to create developmentally and culturally appropriate learning experiences.

What to Look for in a Program: Celebrating Holidays

When you visit an early childhood program at holiday time, what do you want to see? How can you tell if a program celebrates holidays in a way that is appropriate for the specific children and families attending?

Ideally, staff think both about why children should learn about a particular holiday and whether it is developmentally appropriate for the children in the group or important for specific children and families.

Here are some things to look for:

- Activities are connected to specific children and families in the group. This linking helps children understand holiday activities in the context of people's daily lives. Children should have the chance to explore the meaning and significance of each holiday.
- Both children and staff honor every group represented in the classroom. This respect does not require that every holiday of every group must be celebrated; otherwise, classrooms would be celebrating all the time! It does require, however, that once families and programs decide on what holidays to celebrate, none should be treated as though they were "unusual." Children should recognize that everyone's holidays are culturally significant and meaningful.
- Activities demonstrate the fact that not everyone in the same ethnic group celebrates holidays in the same way. Families can provide examples of their own unique traditions.
- Families and program staff work together to plan strategies for children whose families' beliefs do not permit participation in holiday celebrations. Families should take part in creating satisfactory alternatives for the child within the classroom.
- Focus is on meaningful ways to celebrate holidays without spending money. Families may find certain holidays stressful because of the amount of commercialization and media pressure to buy gifts. Teachers can help by showing children that homemade costumes and gifts are very special and that celebrations can be joyful without gifts.

Click on the link to learn about: <http://teacher.scholastic.com/activities/holidays/>



CHRISTMAS: Hear Christmas Stories From Children Around The World

HANUKKAH: Light The Menorah For Eight Nights And Discover Other Hanukkah Traditions



KWANZAA: Discover The Meaning Of Candles, Corn And Many More Kwanzaa Symbols



Outside in the Winter??

Fresh air is healthy

Studies have shown that contrary to the common belief that "exposure to cold air causes a cold," fresh air is good and healthy.

When children and adults spend a long time together in indoor spaces that are small, overheated and poorly ventilated, germs and illnesses pass easily from one person to another. In fresh, outdoor air, children do not have to rebreath the germs of the group, and the chance for spreading infection is reduced.

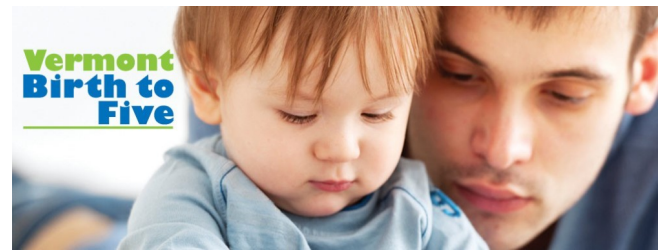


Outdoor play is healthy even in winter

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. It gives children an opportunity for a change of environment, a balance in play and routine, large muscle activities (gross-motor development). Even children who are mildly ill but active should go outside if the weather is not severe. Staff and children alike will feel refreshed when fresh air is part of the daily routine. Taking children outdoors daily, even in winter, can be a healthy part of their schedule, and is safe when clothing is appropriate.

A helpful printable guide on weather and child care can be found here: <http://health.mo.gov/safety/childcare/pdf/weatherwatch.pdf>

From Michelle Sherwin.....



As an early childhood professional, your career is important and challenging. Vermont Birth to Five mentoring supportive framework

has tools and strategies that reinforce actions and advances knowledge and skills for professional growth.

Another great way to get support is to become a member of the Castleton & Rutland Child Care Provider Networks. They offer professional development, peer support and provide many incentives! If you are not a member of the networks, I would encourage you to attend a network meeting!

Also, I have 2016 calendar keepers from Vermont Birth to Five to distribute to child care providers who are not yet members of a Starting Points Network. Please give me a call so I can get those to you as soon as possible.

In wrapping up the year, I will be contacting mentees for year-end updates. I am excited to continue with ongoing relationships. I can be reached daily at 775-2395 ext. # 169 or by e-mail msherwin@vacvt.org

I am looking forward to connecting with those of you I have not had the pleasure of working with. I would love to come out to bring you a new Vermont Birth to Five toolkit of resources and discuss any goals you might have. Mentoring offers assistance with Stars, CDA and other child care business needs. Please feel free to call me with any questions!

As I reflect back on the year, I am so inspired to see the fabulous dedication providers have shown by increasing provider participation in Stars. Rutland County should be proud of your commitments to sound business decisions that show professionalism! You are also helping families receiving Financial Assistance by receiving a higher rate of

reimbursement. Thanks!! Keep up the great work. *Michelle*

Have you checked out the Shared Services Site lately?? <http://www.sharedservicesvt.org/default.aspx>



Have you received your FREE “Owiee” kit, instant cold packs and Record keeping Calendar?? These are available to all Registered Home Providers and Centers (one per center). You can pick one up at a network or CCSS sponsored training. You can also call our CCSS office at 747-0033 to make arrangements to pick one up!



THE VERMONT FAMILY NETWORK (VFN) provides information, support, and advocacy for children and adults with special needs and promotes family centered policies and practices. For more info call or visit: 1-800-800-4005 or <http://www.vermontfamilynetwork.org>

CDA CREDENTIAL TRAINING FOR FAMILY CHILD CARE

What to get your CDA? Go to <http://naccrra.smarthorizons.org/product1.html>

120 hours (12 CEUs) of certified online self-paced training Annual subscription View Course Description

Fee is \$299 Go to the above site for more detailed information. For info about the CDA go to www.cdacouncil.org

Thinking about a college course??? Contact the following Colleges or check out their web page for information on Early Education Courses:
Community College of Vermont: www.ccv.edu or 786-6996
Castleton State College: www.csc.vsc.edu or 468-5611
College of St. Joseph: www.csj.edu or 773-5900
Green Mountain College: www.greenmtn.edu or 287-8000

LOOKING FOR MORE PROFESSIONAL DEVELOPMENT OPPORTUNITIES?

You can now take training online. Check the Northern Lights website for a list of online training sites which are approved by Northern Lights and Child Care Licensing. Go to: <http://northernlightscdc.org/training/online-training-and-coursework/>

GRANTS AND BONUSES FROM THE CHILD DEVELOPMENT DIVISION

As many child care providers know, the CDD offers several grants and bonuses to support and recognize professional development and program quality. Grants are available for college tuition assistance, CDA assessment fees, and the Agency of Education Teacher Licensure Peer Review fee. Bonuses are available for Northern Lights Level Certificate achievements, Program Director and Afterschool credentials. All bonuses and grants are for accomplishments, courses etc. that have occurred within two years of the application being submitted to the CDD. For more information on the available grants and bonuses go to: <http://dcf.vermont.gov/cdd/grants> It is important to use the forms currently on the website as they are kept up to date. If you have any questions about grants or bonuses, contact Lynne Robbins at (800) 649-2642 or Lynne.Robbins@state.vt.us



Every Solution Starts Somewhere.



Dial 2-1-1 to get information about thousands of resources across Vermont, or visit www.vermont211.org.



My Health Newsletter

Free E-Health newsletter brought to you by Rutland Regional Medical Center. Sign up at <http://rrmc.privatehealthnews.com>



Mitchell Therapy Pool

88 Park Street, Rutland

Indoor, heated pool for adults and children, open to the public and offering swim lessons and exercise. For more information call 775-2395 ext. 303 or visit www.vacvt.org



These are the CDA subject Areas you will see listed after each training (if creditable). If you have any questions feel free to call Rosie at 747-0033 or the CDA Council at 1-800-424-4310.



Child Development Associate (CDA) Subject Areas Examples

1. Planning a safe, healthy, learning environment	1. Safety, first aid, health, nutrition, space planning, materials and equipment, play
2. Steps to advance children's physical and intellectual development	2. Large and small muscle, language, discovery, art, music
3. Positive ways to support children's social and emotional development	3. Self-esteem, independence, self-control, socialization
4. Strategies to establish productive relationships with families	4. Parent Involvement, home visits, conference, referrals
5. Strategies to manage an effective program operation	5. Planning, record keeping, reporting
6. Maintaining a commitment to professionalism	6. Advocacy, ethical practices, work force issues, professional associations
7. Observing and recording children's behavior information collection	7. Tools and strategies for objective
8. Principles for child growth and development	8. Developmental milestones from birth – 5, cultural influences on development



Family Page....Please share with the families in your care

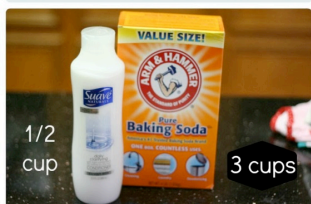
Reliable Websites for Parents

The internet: some of us love it and some of us avoid it at all cost. While raising a child, many of us have questions and turn to the internet to get them answered. Though this seems like the logical place to do research, it can sometimes cause panic and make parents feel that what they are doing is wrong; while other times it can make parents feel more secure in their thoughts when in reality they should be seeking more professional help. How do you decide when to contact the doctor and when to rely on the information you find on the internet? There are many different websites out there willing to help with any information you may be looking for. Wikipedia seems to be the website that lands at the top of the list, no matter what topic you search for. Does this mean that it is the most reliable website out there? It seems that no one out in the internet world really knows how credible Wikipedia is. With this being the case, it probably is not the best source to find important information about child development and illnesses.

There are also many **websites offering advice from “professionals,”** but how do we know that these people are really professionals? Perhaps they are just somebody sitting at home posting their opinions. This is why the internet can be scary; we never know who is giving the advice, whether or not they actually know anything about the topic, or if they have any education to back their opinions. One of the best websites to use for research is CDC.gov (Center for Disease Control and Prevention). When you go to this website you will find every topic you can imagine regarding child development and diseases. Another reliable source with a lot of information about child development is zerothree.org. This website has a wonderful section for parents, with free brochures and developmental guides for children ages birth through three years.

With winter approaching, it brings with it many different illnesses that children seem to acquire out of the blue. You many have questions about something your child is battling but don't want to contact your doctor.....again. I would encourage you to use the two websites listed above to find answers to your questions. You can also talk to your child care provider to see if they have any thoughts about what your child is going through. If none of these avenues give you the information you need, you should call your doctor. They are truly the professionals when it comes to children's development and illnesses.

MAKE YOUR OWN Play Snow



1/2 Cup hair Conditioner (preferable white)

3 cups Baking Soda

Mix and enjoy tons of sensory fun!!



Submitted by: Melinda Pearson, Child Care Outreach and Referral Spec. at Child Care Support Services. She can be contacted at 747-0033 for Child Care information.

Registration Page

(only register for trainings that are on this page--other trainings will be in future newsletters)

ALL TRAININGS ARE IN THE WISELL CONFERENCE ROOM--please enter the driveway by the Mitchell Therapy Pool and drive all the way out back behind the building.

Name: _____ Date: _____

Phone: (contact # if full or cancelled) _____

E-mail: _____ (attendance will be confirmed via e-mail)

Mailing address:(to receive coupon if applicable) _____

Check one: Registered home Licensed Center name: _____

LECC Other:

Please check the following and include payment for: ******Please keep a copy for your records******

- | | |
|--|------|
| <input type="checkbox"/> Learning Through Play: Science 12/9 | \$5 |
| <input type="checkbox"/> Learning Through Play: Math 1/6 | \$5 |
| <input type="checkbox"/> Whats new in the Financial Assistance office? 1/14 | FREE |
| <input type="checkbox"/> The Effects of Trauma on Children 1/21 | \$5 |
| <input type="checkbox"/> The Early Childhood Learning Environment 2/2 | \$5 |
| <input type="checkbox"/> Health and Nutrition 2/9 | \$5 |
| <input type="checkbox"/> Meet your local Children's Integrated Service (CIS) team 2/25 | FREE |
| <input type="checkbox"/> Child Dev: Emotional Dev and Intro to Obs. & Rec 2/27 | \$10 |
| <input type="checkbox"/> Child Development: Language and Literacy: 3/8 | \$5 |
| <input type="checkbox"/> Scott Noyes 3/12 | FREE |

Registrations will only be accepted through the mail--please do not e-mail this form. Thanks!!

(only register for trainings that are on this page--do not write in trainings that are not offered through CCSS)
What is the cancellation policy?

Please make every effort to attend your registered trainings. If you need to cancel, please do so as soon as possible. 24 hour notice would be helpful as we may be able to fill that slot (we have voice mail to take your message). Coupons will be issued for any cancelled trainings by CCSS.

What if I can't attend a training due to illness, or some other reason? Will I receive a refund?

Refunds will not be given, however a coupon will be issued for the amount of the training, If you call within 24 hours to cancel or if training is cancelled by CCSS.

Can I Receive Help With The Costs?

The registration fee may be waived for providers in the event of financial need. Please call Rosie at 747-0033. Individuals may request up to \$10 per calendar year.

You must register for ALL classes in advance. Registrations are accepted on a first received- first registered basis. A waiting list will be kept.

Payments must accompany registration form (applicant will not be registered without payment).

Please make checks payable to VAC.

Inclement weather cancellations will be made as early as possible. If you are registered for the class you will be called and notified. This registration sheet (only one per person will be accepted....please make additional copies for staff) may be returned to: Rosie Piontek, CCSS@ VAC 88 Park Street, Rutland, VT. 05701



**Child Care Support
Services
88 Park Street Rutland
Vermont 05701**



Rutland County Child Care Provider Networks

Childcare Providers Network of Rutland meets monthly from 6:30-8:30 p.m. on the 4th Wednesday (some Wednesdays subject to change) at VAC. Call Kathy Allen @ 773-3523 or Liz King @ 775-3906

Castleton Area Child Care Providers Network meets from 6:30-8:30p.m. the 2nd Thursday of the month in Castleton. Call Kathy Mongeur @ 468- 5141 or Teresa Fowler @ 468-3230